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Timely Topics for the Food Page Editor

September 3, 1946

BEST FRESH FOOD BUYS

Best vegetable buys at 16 southwest consumer market centers this week are Irish potatoes, onions and cabbage, Production and Marketing Administration reports. Lettuce, green beans and carrots also are in good supply.

Peaches lead the list of best fruit buys, followed by apples, cantaloups and grapes which are fairly plentiful and reasonable in price. For the first time in many months, one large market reports bananas as a best buy.

"Best buys" at key markets

- ARKANSAS: Little Rock.....potatoes, onions, cabbage, lettuce
- COLORADO: Denver.....snap beans, beets, cabbage, cauliflower, cucumbers, potatoes, eggplant, onions, cantaloups, peaches
- KANSAS: Manhattan.....Irish potatoes, cabbage, peaches, watermelons, cantaloups
- MISSOURI: Kansas City.....beets, turnips, eggplant, onions, peaches, apples, plums, pears
- LOUISIANA: Baton Rouge.....Irish potatoes, tomatoes, onions, lettuce, grapes, peaches

New Orleans.....onions, celery, potatoes

Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas
(more)

Shreveport.....potatoes, peas, squash, bell peppers,
lettuce, apples, bananas

NEW MEXICO: Las Cruces.....Irish potatoes, onions, cabbage, carrots,
golden bantam corn, squash, green beans,
lettuce, celery, tomatoes, cucumbers, okra,
bell peppers, citrus fruit, apples

Hobbs.....cabbage, Irish potatoes, onions, carrots,
golden bantam corn, squash, green beans,
lettuce, celery, tomatoes, cucumbers, okra,
bell peppers, blackeyed peas, avocados,
citrus fruit, apples, plums, peaches, prunes,
apricots, cantaloups, grapes

Tucumcari.....Irish potatoes, onions, cabbage, carrots,
golden bantam corn, squash, green beans,
lettuce, celery, tomatoes, cucumbers, okra,
bell peppers, blackeyed peas, avocados,
citrus fruit, apples, plums, peaches, grapes,
cantaloups, apricots

OKLAHOMA: Oklahoma City.....beans, corn, lettuce, sweet potatoes, apples,
peaches, prunes, watermelon

TEXAS: Amarillo.....potatoes, onions, bell peppers, cucumbers,
green beans, cantaloup, lemons, oranges

Austin.....onions, Irish potatoes, carrots, okra, lettuce
lettuce, snap beans, squash, peaches,
grapes, lemons

Dallas.....cauliflower, cabbage, carrots, potatoes,
tomatoes, pears, peaches, lemons

Fort Worth.....cabbage, carrots, eggplant, onions, cantaloups

Houston.....Irish potatoes, sweet potatoes, beans, peas,
cabbage, carrots, onions, apples

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EATING HABIT CHANGES

Outstanding fact of a recent USDA analysis on American eating habits from 1909 to 1945 shows that during the war years civilians ate more foods containing calcium, iron and vitamins A, B and C than at any other time in the 37-year period. These better eating gains were brought about by higher consumption of milk, eggs, meat, vegetables, fruits and enriched white bread and flour. Another striking change in eating habits is that civilians now are consuming 400-percent more citrus fruits and 30 percent less potatoes and grain products.

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PEAR NEWS

Home grown pears usually hit the season's peak during August, although some will be available on into October. And we'll get shipped in pears all fall, with peak supplies probably in September.

Their food contribution is a little vitamin C and G. They are well-qualified to go into salads and fruit cups. Their bland flavor and crisp texture go well with tart and juicy fruits. One combination that surely must be in the "salad hall of fame" is a bed of lettuce, plus half a pear, plus grated sharp cheese, plus a well-seasoned dressing.

Baked pears are a timely dessert for September and October. Here are some directions from the experts: Wash the pears, cut them in half, core them and put them in a baking dish. Sprinkle generously with sugar and a little salt. Dot with butter, add a very little water, cover and bake in a moderate oven. As soon as the fruit is hot, take off the cover and cook the sirup down.

That's for plain baked pears. They take on extra glamour when a little honey is added for part of the sweetening or red cinnamon candies are cooked in the sirup to give the pears a becoming blush and spicy flavor.

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HEN AND PULLET PROSPECTS

The hen and pullet goal of 435-million head for 1947 is sufficient to meet all currently known requirements, including eggs for civilians at the expected rate of 360 eggs per capita. This allows for greater consumer use of eggs in any other year except 1945, when per capita consumption ran to 390, and in 1946, for which per capita consumption now is estimated at 375.

The goal of 435-million represents an expected carryover of 145-million mature hens and the saving of about 290-million pullets for egg production.

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FLOUR FACTS

Millers now are at liberty to make any type wheat flour they want and have demand for. The 80 percent extraction rate placed in operation last March to help stretch wheat supplies for domestic use and export was terminated September 1.

Other restrictions on use also have been modified, making it possible for this country to export more wheat than first was planned. This year's billion-bushel crop plus present outlook for another billion-bushel crop next year makes possible the lifting of some restrictions.

While it will take some time to get new flour on the market, it should not be very long until homemakers once again will see stocks of choice high patent cake flour, the 65 to 68 percent patent flour from soft wheat uses for biscuits, cakes and hot breads, as well as other popular kinds of flour they've been accustomed to buying.

All limitations on wheat have not been removed. Some must remain in effect in order for this country to meet export requirements during coming months and to re-build depleted stocks. For these reasons, limitations on the quantity of flour which may be produced for domestic distribution and restrictions on use of wheat for other food and non-food purposes are being continued. Millers still can produce only 85 percent of the flour they manufactured for domestic use on a monthly average in 1945. Cereal manufacturers also are limited to 85 percent of the wheat they used for domestic consumption during 1945.

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TURKEY TALK

While this year's turkey crop of over 41-million head is nine percent less than the record set last year, it's 27 percent above the 1938-42 average.

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GRAPE DATA

Supplies of grapes have been picking up during the past few weeks. Peak of the home grown season usually comes in August but most of the grapes bought in this part of the country are shipped in. The first ones arrived in July but supplies will be available throughout the fall. Peak of the shipped in season falls somewhere between August and October.

Eating grapes fresh is the best way to enjoy their rich flavor. They make an excellent dessert or salad served with apples, pears or a late rosy-checked peach. And for a centerpiece that's good to eat as well as good to look at, there's nothing better than green, red and purple grapes heaped high in a fruit bowl. Then sugar supplies permitting, there are flavorful grape juice, tart grape jelly, spicy grape butter or rich grape jam to be made for the pantry shelf.

To overcome the problem of crystals that sometimes form in these grape products, USDA nutritionists suggest straining the grape juice, letting it stand overnight in a cool place, then a second straining. When the juice is made into jelly, it may be combined with the juice of another fruit, such as apple.

The grape is believed to be the oldest of our cultivated fruits. Egyptians were making wine 5,000 years ago. Today most of the 1,500 varieties of grapes grown in Europe are for wine making. In America, we grow grapes mostly to eat. Two distinct types are important. The native bunch grapes or slipskins - of which the Concord is best known - grow east of the Rockies. California type grapes - used for raisins as well as for fresh eating - were carried to the Pacific Coast by early missionaries from Europe and more nearly resemble the present European varieties.

Regardless of the kind of grape though, when it comes to "picking" them in the market, the rule is plump, firm fruit. No moldy or wet fruit and if the grapes are for table use they should not drop off the stem as soon as they're touched.

SUGAR OUTLOOK

Homemakers will have to get along on a little less sugar during the next three months. Just announced is civilian allocation of 1,187,000 short tons, raw value, for the October-December quarter. This is 541,000 tons less than for the July-September period and reflects seasonal decline in sugar usage after peak of home and commercial packing and canning seasons.

For the calendar year civilians will have received 5,400,000 tons, or about 72.3 pounds refined basis per capita.

Consumers east of the Mississippi have been having difficulty in obtaining any sugar and for that reason efforts are being made to move beet and cane sugar from west to east. Substantial quantities already are moving despite the difficult transportation situation.

No general improvement in the supply situation is possible until the 1947 Caribbean crops begin to move in volume, about six months from now.

As to production prospects in the Continental United States, the U. S. Department of Agriculture is asking growers to aim at 1,057,000 acres of sugar beets and 327,000 acres of sugarcane for the 1947 crop season. Given average conditions, these acreages would result in a yield of about 1,900,000 tons of beet sugar and 550,000 tons cane sugar, short ton, raw basis.

The proposed acreage, soon to be passed on to states for allocation to individual farms, is slightly above the previous record planting of 1,048,000 acres in 1942 and 22 percent larger than the August estimate for the 1946 crop which totals 865,000 acres.

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FALL EGGS

Egg supplies during the fall will be almost as large as during summer months and about what they were a year ago. While production will be from six to nine percent below last year, the supply will be supplemented by record cold storage stocks of both shell and frozen eggs.

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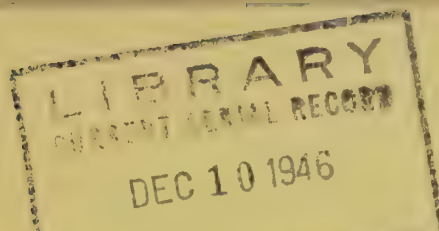
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Timely Topics for the Food Page Editor

September 9, 1946

BEST FRESH FOOD BUYS

Fruits are the center of attention this week. Dwindling supplies of melons, peaches and other summer fruits combine with increased offerings of fall grapes, apples, pears and prunes to give a wide variety from which to choose.

Peaches are the best buy from the summer fruit group, with good quantities still available from Colorado and western producing areas, according to USDA's Production and Marketing Administration. Grapes are number one on the fall list, with the season in full swing for both red and white kinds. Fresh prunes are another very good buy this week. Pears and apples are more plentiful at reasonable prices. Small-size oranges are the best citrus choice, though lemons are still a good buy too.

Enough watermelons and cantaloups are available to make them a fairly good buy for homemakers who like to keep melons on the menu as long as possible, but the quality of end-of-the-season offerings is sometimes inferior. Honeydews, mostly from central and northern California but also

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Dallas 1, Texas

from Colorado and Kansas, are expected on markets in large quantity during September and into October.

The vegetable list is varied, too. With Irish potatoes, cabbage and onions available in good supply at reasonable prices, lunch and dinner menus are assured a good-tasting, nutritious foundation. And there's little chance for monotony if milady chooses some of the other good vegetable buys to accompany the leaders. Summer and fall squash, eggplant, beans, beets, cucumbers and corn are excellent selections. Celery and lettuce are especially good buys in the salad group.

"Best buys" at key markets

ARKANSAS:	<u>Little Rock</u>	Irish potatoes, onions, cauliflower, California grapes
COLORADO:	<u>Denver</u>	cabbage, cauliflower, cucumbers, eggplant, onions, Irish potatoes, green peppers, cantaloups, peaches, tomatoes
KANSAS:	<u>Manhattan</u>	peaches, apples, Irish potatoes, water- melons, cabbage
MISSOURI:	<u>Kansas City</u>	eggplant, summer and fall squash, turnips, beets, sweet potatoes, watermelons, cabbage, apples
LOUISIANA:	<u>Baton Rouge</u>	Irish potatoes, onions, peaches, tomatoes, sweet potatoes, grapes, lettuce
	<u>New Orleans</u>	cabbage, onions, Irish potatoes
	<u>Shreveport</u>	Irish potatoes, peas, greens, cabbage, lettuce
NEW MEXICO:	<u>Hobbs</u>	okra, beans, peas, prunes, peaches, Irish potatoes, onions, citrus fruits, lettuce, carrots, celery, golden bantam corn, turnips, cauliflower, grapes, pears, cabbage, squash, tomatoes, apples, beets
	<u>Las Cruces</u>	peaches, Irish potatoes, onions, citrus fruits, lettuce, carrots, celery, golden bantam corn, turnips, cauliflower, grapes, pears, cabbage, squash, tomatoes, apples, beets

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Tucumcari.....plums, cucumbers, cantaloups, peppers,
peaches, Irish potatoes, onions, citrus
fruits, lettuce, carrots, celery, golden
bantam corn, turnips, cauliflower, grapes,
pears, cabbage, squash, tomatoes, apples,
beets

OKLAHOMA: Ada.....cabbage, carrots, cauliflower, corn, egg-
plant, onions, watermelons, beets, Irish
potatoes

Oklahoma City...Irish potatoes, onions, carrots, lettuce,
cauliflower, beets, cucumbers, celery,
watermelons

Woodward.....cabbage, carrots, cauliflower, celery,
cucumbers, beets, lettuce, onions, Irish
potatoes, watermelons

TEXAS: Amarillo.....Irish potatoes, onions, cucumbers, small
oranges, cantaloups, green beans, bell
peppers, cabbage

Austin.....Irish potatoes, onions, cabbage, eggplant,
lettuce, lemons, grapes, peaches, bananas,
California plums

Dallas.....celery, Irish potatoes, onions, sweet
potatoes, cauliflower, grapes, peaches,
fresh prunes

Fort Worth.....Irish potatoes, onions, carrots, cabbage,
eggplant, beans, cantaloups

Houston.....sweet potatoes, beans, cabbage, carrots,
onions, peas, peaches

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KEEP CANNING

Paul C. Stark, Director of the National Garden Program, urges continued emphasis on home food preservation as fall farm and garden crops are harvested. Every method possible should be used to put the present bountiful supplies of perishable fresh foods into a form that will keep for winter use. Besides canning, Mr. Stark suggests freezing, drying, brining, and storage in fresh state where possible.

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Lower food costs, a dependable home food supply, and the satisfaction of helping the national and world food situation are three important selling points on home food preservation, if any are needed. Another very important factor right now is that market prices of nearly all fresh fruits and vegetables are lower than last year and pantry shelves can be filled with a relatively small cash outlay.

Many of this week's best fruit and vegetable buys are excellent candidates for home preservation. Apples, peaches, pears, plums and grapes may be saved by several methods. Plentiful supplies of cabbage suggest sauerkraut. Irish and sweet potatoes, as well as onions, call for careful storage if they're to be kept long. Many other vegetables on this week's best buy list are suitable for canning, pickling, or brining.

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FIRST CHOICE FOR FISH

Homemakers probably will find fresh and frozen fish a much better choice than any kind of canned fish at the present time.

The supply of canned fish is still short of world needs in spite of the fact substantial quantities previously recommended for UNRRA are now being offered to other claimants due to lack of UNRRA funds. United States supplies of fresh and frozen fish, on the other hand, are expected to be plentiful throughout 1946.

In fact, cold storage holdings on September 1 are estimated at 145 million pounds—a figure never before reached on that date and within 3 million pounds of the all-time record high of 148 million pounds on hand December 1, 1945.

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THE LITTLE SHRIMP IS BACK

The present supply of shrimp is moderate to liberal throughout all shrimp producing localities of the Gulf Coast, the Fish and Wildlife Service of U. S.

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Department of the Interior tells us. This increased supply is due to opening of the closed season for catching of shrimp in the inland and shallow waters of the Gulf of Mexico. Because practically all shrimp produced at this time are small and medium-small in size, homemakers will welcome suggestions for dishes that use the little fellows to best advantage.

Shrimp prices in general are still fairly high, but the price of small shrimp is not out of line with prices of other commodities.

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HOT NEWS

Supplies of pepper should improve within the next month or six weeks.

With removal of price ceilings recently, USDA approved authorizations for imports of both black and white pepper from the Netherlands East Indies, Malay States, French Indo-China, Siam and Nigeria, where most of the pre-war pepper was produced. Supplies from these areas are not under allocation control and may be bought wherever obtainable.

Import authorizations also are being issued for the amount of Indian pepper allocated to the United States by the International Emergency Food Council. This pepper formerly was available only at prices higher than those permitted under price control.

Some of the authorized pepper purchases already have been made and supplies are en route to the United States.

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MARGARINE TREND

USDA's latest production figures show July output of margarine well above the five-year average but lower than in the same month a year ago. The total of 47,505,000 pounds included about 98 percent manufactured altogether from vegetable oils and two percent in which both animal and vegetable oils were used. Coloring was added to 19 percent of the month's production.

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MEAT PRODUCTION

Meat supplies continued to increase during the latter part of August, but production was not quite up to last year's level. The week ended August 31 (latest data available), Federally inspected plants turned out 269 million pounds--28 percent more than in the preceding week but four percent below the corresponding week of 1945. The decrease compared with a year ago resulted from less beef, veal and lamb production which more than offset the increased slaughter of hogs in 1946.

The week's output included 142 million pounds beef, 13.8 million pounds of veal, 15 million pounds of lamb and mutton, 98 million pounds pork, and 19.8 million pounds lard.

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MISCELLANEOUS SUPPLY NOTES

Recent reports indicate that the 1946 honey crop will be smaller than was estimated earlier, as weather conditions in several sections have been unfavorable to nectar gather. There is currently a very light supply of honey both for the retail trade and industrial users.

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Marketing specialists of the U. S. Department of Agriculture expect canned citrus juices to be in good supply throughout September.

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Homemakers will find another pre-war item back on the grocer's shelf soon. USDA recently discontinued the restrictions against "twisting" and "cross-panning" in the manufacture of bread which were in effect during the war to help conserve manpower and materials.

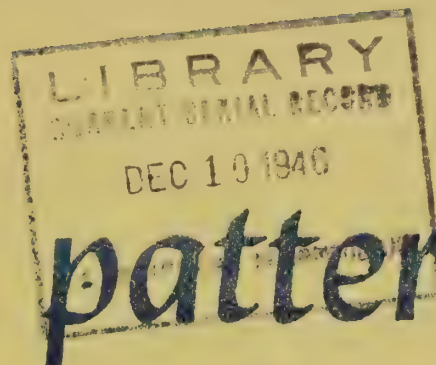
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More sweet potatoes are available and the supply is increasing from week to week. Look for these to be a leader soon.

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Timely Topics for the Food Page Editor

September 16, 1946

BEST FRESH FOOD BUYS

Every key market in the seven-state southwest area reported Irish potatoes and onions among the best buys this week, according to USDA's Production and Marketing Administration. Cabbage also is a good buy at all but a few markets.

This year's record crop of celery has resulted in liberal supplies of both the Pascal and Golden Heart varieties and placed this crunchy salad favorite high on the list of economy leaders in recent weeks.

Carrots and lettuce still have a high popularity rating too, but many other vegetables are less plentiful at rising prices. On some items, like tomatoes, the late offerings show a wide range in quality and careful shopping is necessary to keep purchases in the best buy class.

Sweetpotatoes are more plentiful and the quality better than in recent weeks.

Grapes, peaches, bulk apples, and fresh prunes are the best fruit buys. Lemons give the most for the money in the citrus group, but small-size oranges are available in fair quantity. A few markets still rate watermelons and cantaloups among the best buys.

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Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas

"Best buys" at key markets

ARKANSAS: Little Rock.....Irish potatoes, onions, apples, celery
Pine Bluff.....Irish potatoes, onions, eggplant, lemons

COLORADO: Denver.....Cabbage, carrots, cauliflower, cantaloups, lettuce,
onions, peaches, prunes, Irish potatoes, sweet-
potatoes

MISSOURI: Kansas City.....Beets, turnips, eggplant, onions, radishes, cucum-
bers, squash, homegrown watermelons, peaches,
apples, fresh prunes

KANSAS: Manhattan.....Peaches, corn, cabbage, lettuce, onions, Irish
potatoes

LOUISIANA: Baton Rouge.....Irish potatoes, onions, sweetpotatoes, peaches,
grapes, lettuce, tomatoes
New Orleans.....Onions, Irish potatoes, grapes
Shreveport.....Carrots, celery, cabbage, green beans, Irish pota-
toes, yams

NEW MEXICO: Hobbs.....Watermelons, cantaloups, peaches, prunes, turnips,
onions, Irish potatoes, cabbage, lettuce, beans,
carrots
Santa Rosa.....Onions, Irish potatoes, cabbage, lettuce, cantaloups,
watermelons

OKLAHOMA: Ada.....Irish potatoes, onions, cauliflower, watermelons,
cabbage, lettuce, celery, bananas, lemons
Enid.....Peaches, grapes, lettuce, carrots, turnips, cabbage,
cauliflower, sweetpotatoes
McAlester.....Onions, Irish potatoes, apples, lettuce, tomatoes,
grapes, lemons, green beans, spinach
Oklahoma City...Cabbage, carrots, grapes, lettuce, peaches, sweet-
potatoes, turnips
Woodward.....Irish potatoes, carrots, cabbage, onions

TEXAS: Amarillo.....Irish potatoes, onions, cucumbers, small oranges,
celery, cabbage, bell peppers
Austin.....Irish potatoes, onions, lettuce, grapes, cabbage,
cucumbers, tomatoes, peaches, plums, eggplant
Dallas.....Onions, Irish potatoes, cabbage, celery, tomatoes,
lettuce, grapes, apples
Fort Worth.....Onions, Irish potatoes, cabbage, squash, cantaloups,
bulk apples
Houston.....Irish potatoes, sweetpotatoes, beans, cabbage,
carrots, onions, peas, peaches

THE TRUTH ABOUT THE POTATO

Perhaps the best way to encourage homemakers to use more potatoes is to debunk the rumor about their fattening tendency. With about 80 percent water and no more calories than apples, they couldn't be very fattening unless they're dished up with a lot of butter or gravy.

But just the same a lot of women still skip potatoes because they're high-caloried. Then, when we have a bumper crop--as we have this year--there are more potatoes than anybody knows what to do with. We've had some to spare for livestock feed and alcohol from the 1946 crop. Next year farmers hope to bring their production down in line with the demand by holding their acreage to the smallest since 1893.

Meanwhile, the homemaker who has food budget problems but still wants to give her family good-tasting, wholesome meals at low cost is serving potatoes at every meal while they're plentiful. And she isn't worrying about her figure!

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VEGETABLE SWEET

The sugar-saving qualities of sweetpotatoes should make them more popular with homemakers right now than they've ever been before. But they have other selling points, too. They're rich in vitamin A and furnish some vitamin B₁, C, and G. They're energy-rich and good-tasting--and provide delightful color appeal for cool weather meals. Sweetpotatoes are almost as versatile as Irish potatoes--they can be boiled, steamed, fried, mashed, baked, candied, souffled, combined with other foods, made into pies, custards, and so on. They bring out the best in the flavor of many meats when the two are cooked together.

Said to be the original potato, "sweets" were discovered by Columbus when he arrived in America. In the far, long ago, the vine was probably a common morning glory, its edible roots cultivated by the Indians until they developed into a staple food in central America, the lowlands of Mexico, northern South America, and the West Indies.

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SUGAR STRETCHING

With continued short supplies of sugar in prospect at a time when approaching fall weather whets the appetite for desserts, a review of sugar-saving ideas seems very timely. Here are some suggestions from USDA nutritionists for sweet tooth satisfaction without draining the sugar bowl:

1. Serve fresh fruits often for dessert. Melons, oranges, grapes and apples will be plentiful in most areas all this month.
2. Combine fresh fruits in fruit cup or fruit compote. Sweeten with honey or corn sirup.
3. Use a fresh fruit salad occasionally instead of a baked dessert.
4. Use sweetened frozen fruits in sundaes and for cobblers, short-cake, and deep-dish pies.
5. Save sweetened canned fruit juices and use them in fruit sauces for puddings, and for moistening and sweetening puddings like apple crisp.
6. Spread thin layers of jellies and preserves on cakes instead of using sugar icings.
7. Substitute sirups for part of the sugar in cakes and pastries.
8. Combine sugar and sirup for sweetening puddings, fillings, muffins, and fruits.
9. Use old-fashioned soft molasses cookies, crisp spicy ginger snaps, and warm gingerbread occasionally for dessert.

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With marketing of new crop peanuts from this year's estimated two billion pound crop well under way in the Southwest, homemakers may want to check through their "nutty" recipes in the near future for dishes to please the peanut fancier.

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1. The purpose of this document is to provide a summary of the information received from the confidential source regarding the activities of the group in the area of [redacted] and [redacted].

2. The information was obtained from a confidential source who has provided reliable information in the past. The source has been identified as [redacted] and is being provided for your information.

3. The information indicates that the group is active in the area of [redacted] and is engaged in activities that are of a [redacted] nature.

4. The information also indicates that the group is engaged in activities that are of a [redacted] nature and that the group is active in the area of [redacted].

5. The information is being provided for your information and is not to be used for any other purpose. The information is being provided in confidence and is to be handled accordingly.

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FISH NEWS

Emphasis in the fish department is still on small-size shrimp and on frozen fish.

The Fish and Wildlife Service at New Orleans says only a very small quantity of large and jumbo shrimp are being caught. Landings of the small and medium-size shrimp, caught mostly in the shallow and inland waters of the Gulf, are moderate. September and October are the months of greatest shrimp production in this area.

Landings of other fresh fish are at a low ebb, but the frozen fish supply is high for this time of the year. Holdings consist mostly of fillets of Cod and Rosofish, Mullet, Blue runner, Sea Trout, Whiting, and King Whiting, providing a good variety to choose from.

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THE MEAT COUNTER

For the week ended September 7 total meat output in Federally inspected plants was only 74 million pounds compared with 269 million pounds produced in the preceding week and 249 million in the corresponding week last year. Biggest drops were in beef and pork, but veal and lamb production also were down sharply.

Reduced supplies, together with the higher ceilings for many cuts of meat which went into effect recently, point up the need for continued menu emphasis on fish and poultry, which are plentiful.

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LUNCH FOR JUNIOR

Fewer mothers will have to worry about packing lunches for school children this year. Every state in the seven-state southwest area (Texas, Oklahoma, Arkansas, New Mexico, Colorado, Kansas) has signed agreements under the new permanent National School Lunch Act to help provide healthful, nutritious lunches at school. Under these agreements during 1947, the states will match dollar for dollar the funds granted by USDA. The total Federal appropriation for all states is 75 million dollars.

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The 1947 and 1948 seasons of low water were very dry and the quantity of water and fish was very low. The quantity of the water was very low and the quantity of the fish was very low. The quantity of the water was very low and the quantity of the fish was very low. The quantity of the water was very low and the quantity of the fish was very low.

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These authors will have to worry about making money for their children and their family. The quantity of the water was very low and the quantity of the fish was very low. The quantity of the water was very low and the quantity of the fish was very low. The quantity of the water was very low and the quantity of the fish was very low.

FALL FOOD CHORES

Preparation for storing fresh fruits and vegetables at home is one of the jobs considered important at this time by Paul C. Stark, Director of the National Garden Program. Late cabbage, sweetpotatoes, turnips, Irish potatoes, beets, carrots, squash, parsnips, apples, and pears are items for which homemakers may want to prepare home storage facilities.

In conjunction with efforts to save every possible amount of food, Mr. Stark urges planting of fall and winter gardens in southern areas to provide such early maturing and hardy vegetables as mustard, turnips, kale, onions, and others.

"It is more important than ever this year that we use fall and winter gardens and home storage to the maximum possible," Mr. Stark explained. "Besides the advantages of having your own supply of fresh vegetables, the effect of record domestic and foreign demand upon food prices makes it highly profitable to raise and store more foods."

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HOME FIRE FIGHTER

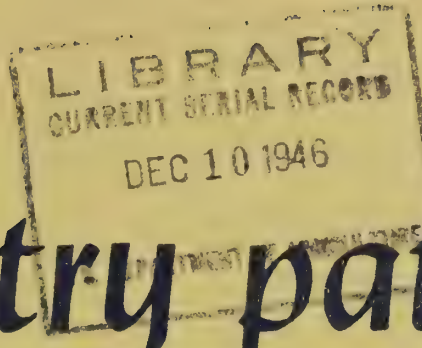
National Fire Prevention Week--October 6-12--provides an excellent opportunity to stress caution in the kitchen and around the home generally.

Sixty percent of the deaths from fire, and almost 100 million dollars worth of property damage every year, occur in private homes. The woman of the house can do just as much as the man to detect and eliminate many causes of fire. Those in the kitchen are, to a large extent, her individual responsibility.

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If favorable growing conditions continue for the coming year's citrus crop, the United States will have another record-large supply. A high percentage of the crop is again likely to be canned as juice. There also may be further increases in the pack of canned citrus sections and in frozen juice, according to marketing specialists of the Department of Agriculture.

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pantry patter

Timely Topics for the Food Page Editor

September 23, 1946

BEST FRESH FOOD BUYS

This week onions are out in front on the Production and Marketing Administration's list of best fresh food buys. Supplies are plentiful at very reasonable prices, which makes this a good time to experiment with new recipes for both cooked and raw onions.

Irish potatoes are a good buy, too, offering a lot of food value for a small amount of money. Suitable for nearly any kind of diet, potatoes are no more fattening than apples when served ungarnished but will add desired pounds when teamed with butter and rich gravies. Potatoes are a three-times-a-day food, suitable for any meal.

Cabbage and carrots also are in the "best buy" class. They, too, are versatile and boast a wealth of food value. Such salad ingredients as tomatoes, lettuce, celery and green peppers are good enough buys to consider for cooking purposes as well as raw eating.

A good many locally grown vegetables also are good buys. Squash is one of the most plentiful, with turnips, turnip greens, and mustard also available at reasonable prices.

(more)

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Dallas 1, Texas

Best buys in fruits have definitely shifted to the fall items, though some late summer fruits are still available. Grapes, bulk apples and pears are first choice. Honeydews, though not one of the cheapest fruits, are becoming more plentiful as the season approaches its peak. Some cantaloups and watermelons are still available and are considered good buys at some markets. The supply of peaches and plums is smaller than in recent weeks, but both are still favorites. Oranges and lemons represent the best citrus buys.

"Best buys" at key markets

ARKANSAS: Little Rock....Apples, yellow onions, Irish potatoes, lettuce
Pine Bluff.....Oranges, Irish potatoes, onions, okra

COLORADO: Denver.....Cabbage, carrots, cauliflower, cantaloups, celery,
onions, Irish potatoes, peppers, squash, tomatoes

KANSAS: Manhattan.....Peaches, prunes, pears, watermelons, cantaloups,
cabbage, Irish potatoes, apples, lettuce, onions,
tomatoes

MISSOURI: Kansas City....Apples, peaches, fresh prunes, homegrown watermelons,
eggplant, squash, onions, turnips, beets, okra, greens,
cucumbers, peppers

LOUISIANA: Baton Rouge....Onions, Irish potatoes, grapes, carrots, California
oranges, sweetpotatoes
New Orleans....Cabbage, onions, Irish potatoes
Shreveport.....Irish potatoes, onions, celery, carrots, cabbage,
apples, grapes

NEW MEXICO: Alamogordo.....Onions, carrots, tomatoes, beans, peppers
Gallup.....Irish potatoes, peaches, pears, onions, carrots,
tomatoes, beans, peppers
Tucumcari.....Celery, lettuce, corn, beans, grapes, squash, onions,
carrots, tomatoes, peppers

OKLAHOMA: Ada.....Irish potatoes, onions, cauliflower, watermelons,
cabbage, lettuce, celery, lemons, tomatoes
Oklahoma City..Apples, cabbage, carrots, cauliflower, celery, onions,
pears, Irish potatoes, sweetpotatoes, tomatoes
Woodward.....Irish potatoes, cabbage, onions, cucumbers, carrots

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TEXAS:

<u>Amarillo</u>Onions, small oranges, Irish potatoes, celery, bell peppers
<u>Austin</u>Irish potatoes, onions, sweetpotatoes, cabbage, carrots, grapes, apples, plums
<u>Dallas</u>Onions, Irish potatoes, bulk apples, cabbage, local squash, celery, grapes, lettuce
<u>Fort Worth</u>Cabbage, carrots, onions, Irish potatoes, bulk apples
<u>Houston</u>Irish potatoes, sweetpotatoes, beans, cabbage, carrots, onions, peas, peaches

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RICE OUTLOOK

Civilians will get 44 percent of the total allocable supply of rice during the fourth quarter of 1946. Their part amounts to 3,300,000 hundred-pound bags. The remainder goes for commercial exports, UNRRA, and our military services.

Supplies for all groups are much larger than during the past three months as harvest and milling of the 1946 crop are now well under way. Except for exports, however, no group will get as much rice as was used in the October-December quarter of 1945.

Allocations for export are larger this year because of the great need for rice in the Far East, which received only small amounts of U. S. rice from the 1945 crop. The Philippines are scheduled to receive a million bags in the coming quarter.

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THE 1947 DAIRY COUNTER

Milk production next year may be slightly lower than in 1946, and supplies of dairy products for domestic consumption are likely to be a little less than the 113 billion pounds consumed this year. Prices probably will average close to present levels, according to USDA's marketing specialists.

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WHERE'S THE MEAT?

Meat production in federally inspected plants continued to fall off during the second week of September. Total output was 60 million pounds--17 percent below the 74 million produced in the preceding week and 79 percent below the 295 million pounds recorded for the corresponding week of last year. Sharp decreases in beef and pork offset a small increase in veal, lamb and mutton compared with the low figures for the first week of the month. All classes were down sharply compared with a year ago.

Output included only 28 million pounds of beef compared with 168 million produced in the second week of September last year, 12 million pounds pork against 86 million, 9.4 million pounds veal against 22.9 million, 10.6 million pounds lamb and mutton compared with 17.6 million last year.

USDA's livestock specialists say we ate a large part of the meat supply that should be available now during the period between July 1 and September 1 when price controls were off livestock. During that time many hogs that normally would have been sold in September were slaughtered--many at very light weights. The result is that we'll have to wait for our fall pork until the younger hogs born in the spring of this year are ready to market in mid-winter.

Somewhat the same situation prevails on beef. From a smaller number of cattle on feed, July and August marketings exceeded those for the same months last year by six percent. Thus, many of the best cuts of beef which we enjoyed during the price decontrol period would not ordinarily have come to our tables until September or later. We've already eaten them, so we're meat-hungry now.

However, we may find the supply of lower grade beef picking up a little in the next few weeks. Range-fed cattle, which produce mostly "commercial" and "utility" meat, usually move to market in large numbers during October, November and December.

(more)

Journal of Management Studies, 19(6), 707-728.

To sum the situation up: livestock specialists believe we'll have more meat in October than we've had in September, but they expect the supply to remain below normal. By November and December, when livestock marketings should expand seasonally, they think meat production will show substantial improvement.

The government is making no commitments for foreign allocations against fourth-quarter meat supplies until more definite information is available on prospective livestock marketings during the coming months. However, deliveries from previous allocations will continue until stocks already reserved for foreign shipment are exhausted.

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CANNED FRUIT SUPPLY

Homemakers will be glad to know that commercial canners have joined them in an all-out effort to save every possible amount of this year's fruit crops. Result: the 1946-47 domestic commercial pack of canned fruit is expected to set a new record. Significant increases over last year are estimated for apples, apricots, sour cherries and peaches.

While this is good news, it does not mean homemakers should let up on their own canning and home food preservation operations. Our supplies got pretty low during the war years, and we'll need a lot to build them back up. Besides, the demand is big, and we'll need every can from every possible source if everybody has as much canned fruit as he wants this winter.

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SCARCE ITEM

Still absent from the plentiful list are the fats and oils needed to make soap. Prospects point to a low commercial supply for a good while yet, so it's still up to the homemaker to save and re-use all she can. The old "scrape, skim and scoop" motto in practice in the American kitchen is what it's going to take to keep foamy suds in the dishpan and washtub.

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SIRUP-MAKING TIME

Sorghum cane is being harvested and sirup-making is in progress all over the South. This means menus that use home-made sirup are in order again. Also, breakfasts that pile sirup on top of pancakes, waffles, or toast can help stretch out the supply of home-canned jellies, preserves, and other things for which precious sugar is required.

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OCTOBER ABUNDANCE

Turkeys are expected to join the list of plentiful foods in October. Other items in good supply will be potatoes, onions, lemons, canned citrus juices, fall apples, pears and colory, according to markoting specialists of the Department of Agriculture.

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FROSTY PLENTY

Frozen food supplies are on the increase, judging by USDA's latest report on cold storage holdings. Supplies of frozen fruits, vegetables, poultry and fish on September 1 were the heaviest ever recorded on that date. Additional quantities of these items will move into storage before the season's peak is reached.

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pantry patter

Timely Topics for the Food Page Editor

September 30, 1946

BEST FRESH FOOD BUYS

Homemakers looking for a really good buy in food this week will find the answer in the big supply of onions. Grocers have both the red and white kinds, of excellent quality, priced unusually low in comparison with other items. Uniformly large in size, these onions are excellent for stuffed or baked dishes, as well as for use in soups, salads, and on the relish tray. While meat is scarce, the flavor of onions also can make a substantial contribution to good eating by adding appetite appeal to many alternate protein dishes.

Irish potatoes are another food which thrifty homemakers cannot afford to overlook this week. At a time when the cost of so many items drains the food budget before the market basket is half full, potatoes can be bought by the sack for a relatively small amount of money. When the cost of nutrition as well as the cost per pound is considered, the price is extremely low compared with even the most economical foods.

The sweet potatoes grocers have now are of better quality than those offered earlier in the season. They've had time to dry out--to cure--so they're juicier

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and better tasting. Also, as the supply increases, there's a tendency for the price to become more favorable to homemakers. Right now, "sweets" are one of the best buys on the market for all-round goodness and food value.

Other good vegetable buys include cabbage, carrots, and celery--all of which may be served in numerous ways--either raw or cooked--to round out the nutritional content of low cost meals. Tomatoes from California are a fairly good buy. Lettuce and peppers are in the same class, completing a variety of salad selections for the week's market basket.

In the fruit line, the best buy is apples--not the fancy boxed kind but those shipped in bulk. Grapes are another good fruit buy with the favorite Tokay variety now more plentiful and lower-priced. Lemons are the best citrus buy, with a few from Texas available to supplement the California supply. Honeydews are the best--and about the only--buy in melons at most markets though cantaloups and watermelons still find occasional listing among the good fruit selections.

"Best buys" at key markets

ARKANSAS:	<u>Little Rock</u>onions, Irish potatoes, cauliflower, Jonathan apples
	<u>Pine Bluff</u>peaches, onions, oranges, turnip greens, okra, Irish potatoes
COLORADO:	<u>Denver</u>cabbage, carrots, cauliflower, celery, peppers, eggplant, onions, Irish potatoes, acorn squash, tomatoes
MISSOURI:	<u>Kansas City</u>homegrown spinach, mustard, eggplant, turnips, beets, sweet potatoes, acorn squash, okra, peppers, radishes, onions, apples, fresh prunes, cantaloups
KANSAS:	<u>Manhattan</u>potatoes, cabbage, head lettuce, onions, apples, prunes, grapes
LOUISIANA:	<u>Baton Rouge</u>Irish potatoes, onions, sweet potatoes, lettuce, celery, carrots

(more)

and other vegetables, such as the green beans, peas, and corn, are also in season. The quality of these vegetables is generally good, and they are sold at reasonable prices.

Other good vegetable buys include cabbage, carrots, and celery. These vegetables are also in season and are sold at reasonable prices. The quality of these vegetables is generally good, and they are sold at reasonable prices.

In the fruit line, the best buy is apples. The quality of these apples is generally good, and they are sold at reasonable prices. Other good fruit buys include oranges, lemons, and limes. These fruits are also in season and are sold at reasonable prices. The quality of these fruits is generally good, and they are sold at reasonable prices.

First class of vegetables

... onions, green beans, peas, and corn, are also in season. The quality of these vegetables is generally good, and they are sold at reasonable prices.

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... peas, and corn, are also in season. The quality of these vegetables is generally good, and they are sold at reasonable prices.

New Orleans.....Irish potatoes, tomatoes, onions

Shreveport.....celery, lettuce, onions, Irish potatoes, cabbage, apples

NEW MEXICO: Albuquerque.....lemons, carrots, head lettuce, grapefruit, Irish potatoes, sweet potatoes, squash, cabbage, onions, apples, pears, celery

Clovis.....Irish potatoes, sweet potatoes, onions, lemons, bell peppers, tomatoes, apples

Las Cruces.....cabbage, sweet potatoes, Irish potatoes, onions, celery, apples, pears, oranges, grapefruit

Raton.....Irish potatoes, onions, apples, pears, celery

OKLAHOMA: Ada.....lemons, Irish potatoes, watermelons, cabbage, lettuce, celery, eggplant, onions, sweet potatoes

McAlester.....onions, Irish potatoes, apples, lettuce, lemons, grapes, tomatoes, green beans, spinach, celery

Miami.....peaches, pears, grapes, plums, tomatoes, Irish potatoes, onions, apples, prunes, carrots

Oklahoma City...apples, cabbage, carrots, grapes, onions, celery, Irish potatoes, tomatoes

Woodward.....Irish potatoes, cabbage, onions, cucumbers, carrots

TEXAS: Amarillo.....cabbage, bell peppers, dry onions, sweet potatoes, Irish potatoes, celery

Austin.....Irish potatoes, onions, sweet potatoes, grapes, carrots, small oranges, cabbage, apples

Dallas.....grapes, onions, Irish potatoes, sweet potatoes, lettuce, celery, cabbage

Fort Worth.....cabbage, Irish potatoes, onions, carrots, bulk apples

Houston.....Irish potatoes, sweet potatoes, cabbage, carrots, onions, peas, apples, pears

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THE FLOUR'S WHITE AGAIN

As soon as grocers clear their shelves of the "emergency" flour they had
regulation
on hand when the 80 percent extraction/was ended, homemakers should be able to

(more)

THE STATE OF NEW YORK
IN SENATE
January 10, 1906.

REPORT
OF THE
COMMISSIONERS OF THE LAND OFFICE
IN RESPONSE TO A RESOLUTION
PASSED BY THE SENATE
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fill their needs with the more attractive pre-famine white flour. That is, of course, if they're conservative and make the flour they buy go as far as possible--because even yet the flour mills have to limit their domestic distribution to 85 percent of last year's monthly average use.

The reason homemakers are getting the more recently manufactured white flour instead of the left-over emergency flour is this. UNRRA and the Army find the higher extraction rate flour is acceptable for distribution in occupied areas, so the Department of Agriculture has been buying from the flour mills any of the old flour they offer in carload lots. In this way, we keep the best at home--and help feed people who are hungry in other countries too.

--oOo--

FISH FOR BREAKFAST

The vacationer home from the fishing trip knows the possibilities of pan-broiled, freshly-caught trout for breakfast, but for everyday fare fish for breakfast is an idea still in the experimental stage. It's an idea, though, which homemakers might put to good use in planning morning menus while the supply of meat is short--and fish plentiful.

Fish is particularly well adapted for use at breakfast. It's wholesome without being too rich; it's easy and quick to prepare; it's full of pleasant, distinctive flavor.

Kathryn L. Osterhauq, technologist in Home Economics for the Fish and Wildlife Service, suggests an interesting group of introductory menus to help homemakers sell their families on the idea. Here they are:

Berries with cream, small broiled fillets, buttered new potatoes, melba toast, coffee;

Sliced peaches on cornflakes, cream, fish flakes in ramekins, whole wheat muffins, butter, honey, coffee;

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Chilled grapefruit and orange sections, kedegree (made by combining flaked smoked fish, cooked rice, chopped hard-cooked eggs, butter or margarine, milk and seasoning in a double boiler), cornbread, butter, jam, coffee;

Apple sauce, fish hash, crisp toast, butter, jam, coffee;

Tomato juice, pan-broiled fish roe and bacon, buttered toast, apple butter, coffee.

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FOOD FOR WINTER

The enclosed pamphlet on "Home Storage of Vegetables and Fruits" will help you advise homemakers who want to buy fruits and vegetables ahead while supplies are plentiful. Apples, pears, root vegetables, sweet potatoes, onions, and many other foods will keep in home storage if proper methods are used. The need for food the world over is still too great to let any go to waste--either from failure to store it or from loss through incorrect procedure.

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PUT OUT THE HOME FIRE

Next week--October 6-12--is National Fire Prevention Week. Every homemaker should make it a point during that time to check up on her rating as a fire-preventer. USDA's Safety Council submits the following list of safeguards against fire in the home for which the woman of the house is primarily responsible:

1. Clean up waste paper and trash regularly from the house and yard.
2. Keep soiled, oily rags and cloths in a metal pail.
3. Use only safety matches and keep them away from the children.
4. Use only safe cleaning fluids--never gasoline or benzine--and always outside.
5. See that curtains and draperies are away from stoves, grills, and other appliances.
6. Be sure that cigar and cigarette butts always are put out in ash trays.

(more)

Grilled green beans and orange sections, Ketchup (made by combining
thickened tomato paste, cooked rice, chopped hard-boiled eggs, butter
or margarine, milk and seasoning in a double boiler), cornbread,
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Tomato juice, pan-broiled fish and bacon, buttered toast,
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other appliances.
6. Be sure that cigar and cigarette butts always are put out in ash
trays.

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7. Never smoke in bed, and issue a strict order against this practice.
8. Inspect electric cords regularly, and replace them when worn or frayed.
9. Make sure that lights and fires are safe before going to bed.
10. Keep a screen in front of open-space heaters and fireplaces.
11. See that rugs are kept well away from fireplaces and stoves.
12. Have kindling and other fuel stored at a distance from stove or fireplace.
13. Warn everyone in the house never to use gasoline or kerosene to start or quicken a fire.
14. Make sure that everyone knows what to do in case of fire--and how to call the Fire Department.

Sometimes the fire prevention job is man-size, but a little prodding and encouragement from the "missus" helps get it done. In this category are the following:

1. Regularly inspect, clean, and repair flues, chimneys and stovepipes.
2. See that floors, walls and ceilings are protected from stoves and stovepipes.
3. Put ashes in metal ash cans.
4. Keep garden hose handy so it can be quickly attached and used.
5. Have water buckets and hand extinguishers ready for use.
6. Be sure there's a ladder that will reach the roof.

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